



16th Annual St. Anselm Volleyball Camp Powered By Force Sports & Colleen Nero

June 26 - 30, 2017

Who: Incoming 3rd - 6th Graders

Time: 9:00 am-12:00 noon

Camp Description: Elemental and Developmental Volleyball skills/techniques will be taught. Serving, Setting, Passing, and Hitting will be the focus for new players as well as young experienced players. Groups will be divided based on level of skills to build repetitive techniques. Fun Games, scrimmages, volleyball conditioning and nutrition review is included. Please bring water and nutritious snacks. Be dressed to play with knee pads and proper volleyball court shoes.

Who: Incoming 7th - 9th Graders

Time: 1:00 pm-4:00 pm

Camp Description: Middle School & Freshmen volleyball players will review skills and techniques at the highest level to prepare for the upcoming scholastic season. Serving, Setting, Passing, & Hitting will be the focus for current players. Repetition is the key to mastering skills needed for volleyball team success. Groups will be divided based on level of skills to build current and new techniques. Fun games, scrimmages, volleyball conditioning and nutrition review is included. Please bring water and nutritious snacks. Be dressed to play with knee pads and proper volleyball court shoes.

Location: St. Anselm School Gym
13013 Chillicothe Rd., Chesterland, OH 44026
Gym is Air Conditioned

Price: \$150 includes a camp shirt
Early Bird - \$130 (Good Through May 15th)

Instruction: Coach Nero who is the current Director of Youth Volleyball at Force Sports has coached this Camp for 16 years. Her experience includes West Geauga High/Middle School, Kenston High School Freshmen, JV and Varsity assistant. JO Volleyball Coach and Club Director formerly with the Cleveland Volleyball Club (5 years) and current Director of Vertical Force VBC (8 years).

Coaches will include current West Geauga High School Coaches, College Players and Vertical Force VBC Staff.

Register online at www.force-sports.com

Enrollment is Limited!

For More Information please contact:

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